



DAVIS GELATINE

# Diabetic Recipes

SPECIALLY COMPILED BY  
THE DEPARTMENT OF HOME  
ECONOMICS OF

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E.C.3

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## *Foreword*

**T**HE GELATINE DISH now brings to the diabetic diet an attractive means of providing variety in food combinations.

The recipes in the following pages have been compiled in such a way as to make their application as wide as possible.

The use of less restricted foods offers infinite possibilities and fruits and vegetables in unusual mixtures present a new way of augmenting the bulk of the diet. The essential milk and eggs also come under the spell of gelatine cookery and the recipes prepared are so simple that they can be easily adapted to any diet schedule.

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## SALADS

|                        |    |    |     |    |    |     |    |
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| Spinach and Egg        | .. | .. | —   | 9  | 5½ | 85  | 14 |
| Tomato Jelly           | .. | .. | 2½  | 4  | —  | 26  | 12 |
| Tomato and Rice        | .. | .. | 15  | 4  | —  | 76  | 15 |
| Tomato and Vermicelli  | .. | .. | 12½ | 6  | —  | 74  | 15 |

## ICES

|                   |    |    |    |   |    |     |    |
|-------------------|----|----|----|---|----|-----|----|
| Coffee Ice Cream  | .. | .. | 2½ | 5 | 12 | 138 | 29 |
| Coconut Ice Cream | .. | .. | 2½ | 6 | 20 | 214 | 30 |
| Ice Cream         | .. | .. | 2½ | 5 | 12 | 138 | 29 |
| Lemon Water Ice   | .. | .. | —  | 3 | —  | 12  | 30 |
| Orange Water Ice  | .. | .. | 2½ | 3 | —  | 22  | 30 |

# DIABETIC RECIPES



|                        |       | Carbo-<br>hydrate<br>Grammes | Protein<br>Grammes | Fat<br>Grammes | Total<br>Calories | Page |
|------------------------|-------|------------------------------|--------------------|----------------|-------------------|------|
| <b>DESSERTS</b>        |       |                              |                    |                |                   |      |
| Apple and Ginger Cream | ..    | 3½                           | 9                  | 5½             | 100               | 18   |
| Apple Souffle          | .. .. | 3½                           | 5                  | —              | 35                | 17   |
| Apricot Souffle        | .. .. | 7½                           | 9½                 | 5½             | 117               | 17   |
| Cherry Cream           | .. .. | 9½                           | 9½                 | 5½             | 125               | 18   |
| Cherry Sponge          | .. .. | 7½                           | 5½                 | —              | 52                | 19   |
| Coffee Jelly           | .. .. | —                            | 3                  | —              | 12                | 28   |
| Ginger Cream           | .. .. | 5                            | 9½                 | 6½             | 116               | 20   |
| Grapefruit Bavarian    | .. .. | 5                            | 5                  | 10             | 130               | 25   |
| Grapefruit Jelly       | .. .. | 5                            | 5                  | —              | 40                | 25   |
| Grapefruit Whip        | .. .. | 5                            | 5                  | —              | 40                | 25   |
| Jellied Custard        | .. .. | 5                            | 9½                 | 6½             | 116               | 19   |
| Jellied Rhubarb        | .. .. | —                            | 3                  | —              | 12                | 28   |
| Lemon Bavarian         | .. .. | negligible                   | 3                  | 10             | 102               | 26   |
| Lemon Jelly            | .. .. | negligible                   | 3                  | —              | 12                | 26   |
| Lemon Snow Pudding     | .. .. | negligible                   | 6½                 | —              | 26                | 27   |
| Lemon Whip             | .. .. | negligible                   | 3                  | —              | 12                | 26   |
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| Milk Jelly             | .. .. | 5                            | 6½                 | 3½             | 77                | 21   |
| Mocha Sponge           | .. .. | —                            | 6½                 | —              | 26                | 22   |
| Orange and Egg Cream   | .. .. | 5                            | 9                  | 5½             | 105               | 22   |
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| Orange Snow Pudding    | .. .. | 2½                           | 6½                 | —              | 36                | 27   |
| Pineapple Bavarian     | .. .. | 10                           | 3                  | 10             | 142               | 23   |
| Pineapple Jelly        | .. .. | 10                           | 3                  | —              | 52                | 23   |
| Pineapple Whip         | .. .. | 10                           | 3                  | —              | 52                | 23   |
| Prune Souffle          | .. .. | 5                            | 3½                 | 5              | 79                | 24   |
| Strawberry Sponge      | .. .. | 7                            | 5½                 | —              | 50                | 24   |
| Velvet Cream           | .. .. | 5                            | 14½                | 9              | 159               | 21   |
| Wine Jelly             | .. .. | —                            | 3                  | —              | 12                | 28   |

## JAMS

|                         |       |   |                                               |   |    |
|-------------------------|-------|---|-----------------------------------------------|---|----|
| Sugarless Apricot       | .. .. | { | No food value if taken in moderate quantities | } | 32 |
| Sugarless Marmalade     | .. .. |   |                                               |   | 31 |
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# DIABETIC RECIPES

**D**AVIS SPARKLING GRANULATED GELATINE is a valuable food gelatine recommended for diabetic diets, its use enabling the foods permitted to be served in many new and attractive ways. As the recipes in the following pages are based on the exact strength of this gelatine it is advised that only Davis Sparkling Granulated Gelatine should be used.

### ASPICS, SALADS AND DESSERTS

The recipes given are compiled to set under normal conditions. If an ice-chest or refrigerator is used, the dishes will take less time to set and must be removed from the ice-chest or refrigerator before coming too solid or the flavour and texture will be spoilt. The amount of gelatine given in the recipes must not be altered or the protein content of the dishes will be upset. This stipulation does not apply when the prescribed diet does not demand restriction of protein.

## TO THOSE ON RESTRICTED DIETS

*It is recommended that if a query arises as to the suitability of any particular dish, it should be referred to the patient's medical adviser.*

# ASPICS

## ASPIC

Protein  
Grammes  
**5**

Total  
Calories  
**20**

### INGREDIENTS

$\frac{1}{6}$  oz. Davis Gelatine  
3 oz. chicken stock  
1 oz. dry sherry  
Salt and pepper to taste

### METHOD

Heat a little of the chicken stock, add gelatine and stir until dissolved; add the remainder of the liquid. Season to taste. The food value of the above is *included* in the food values given for recipes made with aspic jelly.

## ASPIC JELLY

### 1 SERVING

Carbohydrate  
Grammes  
—

Protein  
Grammes  
**3**

Fat  
Grammes  
—

Total  
Calories  
**12**

### INGREDIENTS

1 teaspoon Davis Gelatine  
1 oz. hot water  
3 oz. cold water  
 $\frac{1}{2}$  teaspoon lemon juice  
 $\frac{1}{8}$  teaspoon marmite  
Pepper and salt

### METHOD

Dissolve gelatine in hot water, add marmite, cold water, lemon juice and pepper and salt. Use as a base for jellifying meat and vegetables.



## HAM IN ASPIC

### I SERVING

Carbohydrate  
Grammes

2½

Protein  
Grammes

15

Fat  
Grammes

6

Total  
Calories

124

#### INGREDIENTS

**Aspic jelly (as on p. 5)**

**1½ oz. cold ham thickly sliced and free from fat**

**3 oz. cooked carrots**

**1½ oz. cooked green peas (½ oz. if very young)**

#### METHOD

Cut ham into dice. Slice carrot. Prepare aspic and when thickening slightly, add ham, carrot and peas. Pour into a mould. When set turn out and garnish with lettuce.

## CHICKEN IN ASPIC JELLY

### I SERVING

Carbohydrate  
Grammes

—

Protein  
Grammes

15

Fat  
Grammes

3

Total  
Calories

87

#### INGREDIENTS

**Aspic jelly (as on p. 5)**

**1½ oz. cooked chicken**

#### METHOD

Prepare aspic, and when jelly is thickening slightly add chicken cut into small pieces. Place in a mould. When set turn out and serve garnished with lettuce.

## LOBSTER IN CREAM ASPIC

### I SERVING

Carbohydrate  
Grammes

2½

Protein  
Grammes

16

Fat  
Grammes

7

Total  
Calories

137

#### INGREDIENTS

**Cream aspic (see method)**

**1½ oz. lobster (fresh or tinned)**

**¾ oz. cooked green peas (1⅛ oz. if very young)**

**Lemon juice**

#### METHOD

Prepare aspic but use 1 oz. single cream and 2 oz. chicken stock, instead of 3 oz. chicken stock. When thickening slightly add lemon juice, lobster and peas.

## DIABETIC RECIPES



## SMOKED HADDOCK IN ASPIC

### I SERVING

Carbohydrate  
Grammes

—

Protein  
Grammes

15

Fat  
Grammes

—

Total  
Calories

60

#### INGREDIENTS

**Aspic jelly (as on p. 5)**

**$1\frac{1}{2}$  oz. cooked flaked haddock**

**1 average sized tomato,  
skinned and sliced**

#### METHOD

Prepare aspic, and when thickening slightly, add fish. Line a mould with sliced tomato and pour in the fish and aspic.

## CHICKEN LOAF

### I SERVING

Carbohydrate  
Grammes

$2\frac{1}{2}$

Protein  
Grammes

$23\frac{1}{2}$

Fat  
Grammes

12

Total  
Calories

212

#### INGREDIENTS

**$\frac{1}{2}$  teaspoon Davis Gelatine**

**2 oz. cooked chicken**

**1 egg**

**1 oz. hot water**

**$1\frac{3}{4}$  oz. milk**

**Pepper and salt**

**Chopped parsley**

#### METHOD

Mince chicken. Beat egg, heat with milk until the mixture coats the spoon, season with salt and pepper and a little chopped parsley. When quite cold, add gelatine dissolved in hot water; place in a small mould.

## BEEF TEA JELLY

### I SERVING

Carbohydrate  
Grammes

—

Protein  
Grammes

3

Fat  
Grammes

—

Total  
Calories

12

#### INGREDIENTS

**1 teaspoon Davis Gelatine**

**1 dessertspoon cold water**

**4 oz. beef tea (freshly prepared)**

**Salt and pepper to taste**

#### METHOD

Moisten gelatine with cold water, dissolve over hot water, stir into beef tea; flavour to taste; place in a jelly glass.

## BEEF TEA AND CARROT JELLY

### I SERVING

Carbohydrate  
Grammes

$2\frac{1}{2}$

Protein  
Grammes

3

Fat  
Grammes

—

Total  
Calories

22

#### INGREDIENTS

**Beef Tea Jelly**

**2 oz. finely shredded cooked  
carrot**

#### METHOD

Follow the recipe for Beef Tea Jelly, and when the mixture is thickening, stir in the shredded carrot.

## HAM AND TOMATO MOULD

### I SERVING

Carbohydrate  
Grammes

$2\frac{1}{2}$

Protein  
Grammes

$12\frac{1}{2}$

Fat  
Grammes

5

Total  
Calories

105

#### INGREDIENTS

**1 teaspoon Davis Gelatine**

**$1\frac{1}{3}$  oz. cold ham thickly sliced  
and free from fat**

**1 oz. hot water**

**3 oz. tomato puree**

**Small pinch citric acid**

**$\frac{1}{4}$  grain saccharin or omit if  
desired**

**Salt and pepper to taste**

#### METHOD

Dissolve gelatine, acid, and saccharin in hot water, add to tomato puree. Season to taste. Cut ham into small dice and stir into the tomato mixture. Place in a small mould.

# SALADS

## ASPARAGUS SALAD

### I SERVING

Negligible food value

Carbohydrate  
Grammes

Protein  
Grammes

Fat  
Grammes

Total  
Calories

—  
4

—

16

#### INGREDIENTS

**1** teaspoon Davis Gelatine  
**4** oz. chicken stock  
**1** oz. asparagus tips (fresh  
cooked or canned) cut in  
small pieces  
Salt and pepper to taste

#### METHOD

Heat a little of the chicken stock, add gelatine and stir until dissolved; add the remainder of the liquid. Season to taste. When thickening slightly, stir in the asparagus tips.  $\frac{1}{2}$  teaspoon minced onion may be added to the mixture.

## BEAN AND TOMATO SALAD

### I SERVING

Carbohydrate  
Grammes

Protein  
Grammes

Fat  
Grammes

Total  
Calories

$2\frac{1}{2}$

4

—

26

#### INGREDIENTS

**1** teaspoon Davis Gelatine  
**1** dessertspoon cold water  
**3** oz. hot tomato juice and  
pulp  
**1** oz. cooked string beans  
 $\frac{1}{2}$  teaspoon grated onion  
Salt and pepper to taste

#### METHOD

Moisten gelatine with cold water. Add hot tomato juice (only), stir until gelatine dissolves. Add the remaining ingredients. Season to taste. Pour into a mould. Serve on lettuce.

## DIABETIC RECIPES



## BEETROOT IN JELLY

### I SERVING

Carbohydrate  
Grammes

7½

Protein  
Grammes

6

Fat  
Grammes

½

Total  
Calories

54

#### INGREDIENTS

**1** teaspoon Davis Gelatine  
**2** oz. hot water  
**2** tablespoons vinegar  
**1** oz. cooked beetroot (diced)  
**1½** oz. cooked fresh green peas  
(2¼ oz. if very young)  
**Salt and pepper to taste**

#### METHOD

Dissolve gelatine in hot water, add vinegar, salt and pepper. Arrange beetroot and peas in layers in small mould, pour in the jelly when it is thickening. Serve on lettuce.

## BEETROOT IN MINT JELLY

### I SERVING

Carbohydrate  
Grammes

7½

Protein  
Grammes

3

Fat  
Grammes

—

Total  
Calories

42

#### INGREDIENTS

**1** teaspoon Davis Gelatine  
**2** oz. hot water  
**2** tablespoons vinegar  
**1** oz. cooked beetroot diced  
**1½** oz. cooked fresh green peas  
(2¼ oz. if very young)  
**Salt and pepper to taste**  
**2** teaspoons chopped mint

#### METHOD

Bruise mint and add to one ounce of hot water. Stand in a warm place for half an hour. Strain; if necessary add water to make up to one ounce again. Dissolve gelatine in remaining ounce of hot water, add mint liquor, vinegar, salt and pepper. Arrange beetroot and peas in layers in small mould, pour in the jelly when it is thickening. Serve on lettuce.

## DIABETIC RECIPES



## CAULIFLOWER SALAD

### I SERVING

Carbohydrate  
Grammes

—

Protein  
Grammes

8

Fat  
Grammes

1

Total  
Calories

41

#### INGREDIENTS

1 teaspoon Davis Gelatine  
3 oz. stock  
3 or 4 pieces of cooked cauliflower head  
 $\frac{1}{8}$  teaspoon of meat extract  
Salt and pepper to taste

#### METHOD

Heat a little of the stock, add gelatine and stir until dissolved, add the remainder; add meat extract and salt and pepper to taste. When thickening slightly add pieces of cauliflower and place in an individual mould.

## ONION SALAD

### I SERVING

Carbohydrate  
Grammes

$6\frac{1}{2}$

Protein  
Grammes

$6\frac{1}{2}$

Fat  
Grammes

3.6

Total  
Calories

$83\frac{1}{2}$

#### INGREDIENTS

1 teaspoon Davis Gelatine  
 $3\frac{1}{2}$  oz. milk  
1 egg  
2 oz. onion boiled and sieved  
 $\frac{1}{2}$  oz. hot water  
Salt and pepper

#### METHOD

Heat milk and pour on to beaten egg, add onion and seasoning and cook until the mixture thickens slightly. Leave to cool. Dissolve gelatine in hot water and stir into the mixture. Place in a small mould.

## CHEESE AND CELERY SALAD

### I SERVING

Carbohydrate  
Grammes

—

Protein  
Grammes

5½

Fat  
Grammes

2½

Total  
Calories

44

#### INGREDIENTS

1 teaspoon Davis Gelatine  
4 oz. hot water  
1 dessertspoon lemon juice  
1 oz. diced celery  
1/3 oz. grated cheese

#### METHOD

Dissolve gelatine in hot water; add lemon juice; when thickening add celery and cheese. Place in a mould.

## CUCUMBER SALAD

### I SERVING

Carbohydrate  
Grammes

5

Protein  
Grammes

3½

Fat  
Grammes

—

Total  
Calories

34

#### INGREDIENTS

1 teaspoon Davis Gelatine  
2 oz. hot water  
1 dessertspoon vinegar  
Pinch of salt  
Pepper to taste  
Grated cucumber  
2 oz. orange, skinned and diced

#### METHOD

Dissolve gelatine in hot water; add salt and pepper and vinegar. Leave until thickening, add cucumber and orange mixture.

## TOMATO JELLY

### I SERVING

Carbohydrate  
Grammes

2½

Protein  
Grammes

4

Fat  
Grammes

—

Total  
Calories

26

#### INGREDIENTS

1 teaspoon Davis Gelatine  
3 oz. tomato puree  
1 oz. hot water  
Small pinch citric acid  
Saccharin 1/4 grain—or omit if desired

#### METHOD

Dissolve gelatine in hot water. Add saccharin and acid; when completely dissolved add puree. Pour into a mould.

## DIABETIC RECIPES

## CABBAGE AND RAW CARROT SALAD

### 1 SERVING

Negligible food value

Carbohydrate  
Grammes

1

Protein  
Grammes

3

Fat  
Grammes

—

Total  
Calories

16

#### INGREDIENTS

1 teaspoon Davis Gelatine  
2 oz. hot water  
1 dessertspoon vinegar  
1 teaspoon lemon juice  
Pinch salt  
 $\frac{1}{2}$  oz. finely shredded raw  
cabbage  
 $\frac{1}{2}$  oz. grated carrot

#### METHOD

Dissolve gelatine in hot water, add salt, vinegar and lemon; leave until thickening — add remaining ingredients. Pour into a small mould. Serve on lettuce.

## PARSLEY JELLY

### 1 SERVING

Negligible food value

Carbohydrate  
Grammes

—

Protein  
Grammes

3

Fat  
Grammes

—

Total  
Calories

12

#### INGREDIENTS

1 teaspoon Davis Gelatine  
2 oz. water  
1 oz. chopped parsley  
Pinch of salt and pepper

#### METHOD

Place parsley, water, pepper and salt in saucepan. Simmer for 20 minutes, then strain. Moisten gelatine with a little cold water, add hot liquid. When dissolved

add water to make up to 4 fluid ozs. Meat and vegetables allowed in the diet may be added. In this case add water to make up to 3 ozs. only

## DIABETIC RECIPES



## PINEAPPLE AND CELERY SALAD

### I SERVING

Carbohydrate  
Grammes

**5**

Protein  
Grammes

**3**

Fat  
Grammes

**—**

Total  
Calories

**32**

#### INGREDIENTS

**1** teaspoon Davis Gelatine  
**2** oz. hot water  
 $\frac{1}{2}$  teaspoon lemon juice  
**1** dessertspoon vinegar  
**1** oz. diced celery  
 $\frac{1}{2}$  oz. cooked pineapple  
 (fresh fruit, not canned,  
 weighed before cooking)  
 Pinch of salt

#### METHOD

Dissolve gelatine in hot water, add salt, lemon juice and vinegar. Leave until thickening slightly. Mix the pineapple and celery and add to the other ingredients. Pour into a small mould. Serve on lettuce.

## SPINACH AND EGG SALAD

### I SERVING

Carbohydrate  
Grammes

**—**

Protein  
Grammes

**9**

Fat  
Grammes

**5 $\frac{1}{2}$**

Total  
Calories

**85**

#### INGREDIENTS

**1** teaspoon Davis Gelatine  
 $2\frac{1}{2}$  oz. hot water  
 $1\frac{1}{4}$  oz. hot spinach  
**1** egg hard-boiled  
 Salt and pepper  
**1** dessertspoon lemon juice

#### METHOD

Dissolve gelatine in hot water, add lemon juice, salt and pepper. Slice egg and arrange with spinach in a mould. When the gelatine mixture is thickening, pour carefully into the mould. Serve on lettuce.



## TOMATO AND RICE SALAD

### I SERVING

Carbohydrate  
Grammes

**15**

Protein  
Grammes

**4**

Fat  
Grammes

**—**

Total  
Calories

**76**

#### INGREDIENTS

**1 teaspoon Davis Gelatine**

**$\frac{1}{2}$  oz. rice**

**$\frac{3}{4}$  oz. tomato puree**

**1 oz. hot water**

**Small pinch citric acid  
grain saccharin or omit if  
desired**

**Salt and pepper to taste**

#### METHOD

Wash the rice well and cook in a little water; drain. Dissolve gelatine, acid and saccharin in hot water, add to puree. Season to taste. When thickening slightly stir in the rice. Place in a small mould.

## TOMATO AND VERMICELLI SALAD

### I SERVING

Carbohydrate  
Grammes

**$12\frac{1}{2}$**

Protein  
Grammes

**6**

Fat  
Grammes

**—**

Total  
Calories

**74**

#### INGREDIENTS

**1 teaspoon Davis Gelatine**

**$\frac{1}{2}$  oz. vermicelli (raw)**

**$\frac{3}{4}$  oz. tomato puree**

**1 oz. hot water**

**$\frac{1}{4}$  grain saccharin or omit if  
desired**

**Salt and pepper**

#### METHOD

Wash vermicelle well and cook. Drain. Dissolve gelatine and saccharin in hot water, add to puree, flavour to taste. When thickening, stir in vermicelli and place in an individual mould.

## JELLIED VEGETABLES

### I SERVING

Negligible food value

Carbohydrate  
Grammes

Protein  
Grammes

Fat  
Grammes

Total  
Calories

—

3

—

12

#### INGREDIENTS

**1** teaspoon Davis Gelatine  
**4 oz.** hot chicken stock  
**2 oz.** cooked and chopped vegetable, e.g.  $\frac{1}{2}$  oz. cauliflower,  $\frac{1}{2}$  oz. carrot,  $\frac{1}{2}$  oz. French beans,  $\frac{1}{2}$  oz. turnip  
**Salt, pepper to taste**

#### METHOD

Moisten gelatine with 1 dessert-spoon of cold water; add chicken stock and stir until dissolved. When thickening add vegetables. If chicken stock is not available, use  $\frac{1}{2}$  cup hot water, and  $\frac{1}{2}$  teaspoon marmite or bovril.

N.B.—Vegetables of high carbohydrate content should not be used, e.g. peas, parsnips, potatoes, etc.

## CHEESE SAVOURY

### I SERVING

Carbohydrate  
Grammes

Protein  
Grammes

Fat  
Grammes

Total  
Calories

5

10

7

123

#### INGREDIENTS

**1** teaspoon Davis Gelatine  
 **$3\frac{1}{2}$  oz.** milk  
**1 oz.** hot water  
 **$\frac{1}{2}$  oz.** cheese (grated)  
**Salt and pepper**  
 **$\frac{1}{2}$  teaspoon** chopped parsley

#### METHOD

Add cheese to milk and heat gently until the cheese melts. Add salt and pepper and chopped parsley. When quite cold, add gelatine dissolved in hot water, and pour into an individual mould.

## DIABETIC RECIPES

# DESSERTS

## APPLE SOUFFLE

### I SERVING

Carbohydrate  
Grammes

$3\frac{3}{4}$

Protein  
Grammes

5

Fat  
Grammes

—

Total  
Calories

35

#### INGREDIENTS

- 1 teaspoon Davis Gelatine
- $\frac{1}{2}$  egg white
- 1 oz. hot water
- 3 oz. apple puree
- $\frac{1}{2}$  teaspoon lemon juice
- $\frac{1}{4}$  grain saccharin if required

#### METHOD

Dissolve gelatine and saccharin in hot water, add to puree. Add lemon juice. When thickening slightly fold in the stiffly beaten egg white. Place in a small mould.

## APRICOT SOUFFLE

### I SERVING

Carbohydrate  
Grammes

$7\frac{1}{2}$

Protein  
Grammes

$9\frac{1}{2}$

Fat  
Grammes

$5\frac{1}{2}$

Total  
Calories

117

#### INGREDIENTS

- 1 teaspoon Davis Gelatine
- 1 oz. hot water
- 2 oz. cold water
- 2 oz. apricots, weighed after stones removed (Rose)
- 1 egg
- $\frac{1}{2}$  teaspoon lemon juice
- $\frac{1}{2}$  grain saccharin if required

#### METHOD

Place apricots in saucepan with cold water, simmer until softened slightly. Add lemon juice and lightly beaten egg. Cook for a few minutes. Leave to cool. Dissolve gelatine and saccharin in hot water, add to the mixture. Place in a small mould.



## APPLE AND GINGER CREAM

### I SERVING

Carbohydrate  
Grammes

$3\frac{3}{4}$

Protein  
Grammes

9

Fat  
Grammes

$5\frac{1}{2}$

Total  
Calories

100

#### INGREDIENTS

1 teaspoon Davis Gelatine  
3 oz. apple puree  
1 oz. hot water  
1 egg  
 $\frac{1}{2}$  teaspoon lemon juice  
 $\frac{1}{4}$  grain saccharin if desired  
Pinch of ground ginger

#### METHOD

Beat egg, add to apple puree and cook for a few minutes. When quite cold add lemon juice and ginger. Dissolve gelatine and saccharin in hot water. Add to the mixture. Place in a small mould.

## CHERRY CREAM

### I SERVING

Carbohydrate  
Grammes

$9\frac{1}{2}$

Protein  
Grammes

$9\frac{1}{2}$

Fat  
Grammes

$5\frac{1}{2}$

Total  
Calories

125

#### INGREDIENTS

1 teaspoon Davis Gelatine  
2 oz. hot water  
2 oz. cherries, stoned, then weighed before cooking (Rose's analysis)  
1 egg  
 $\frac{1}{2}$  teaspoon lemon juice  
 $\frac{1}{4}$  grain saccharin

#### METHOD

Place cherries in saucepan with 1 ounce water. Cook gently until soft. Stir in lightly beaten egg—cook a few minutes. Remove from fire and leave to cool. Dissolve gelatine and saccharin in hot water, add to the cherry mixture. Pour into an individual mould.



## CHERRY SPONGE

### I SERVING

Carbohydrate  
Grammes

$7\frac{1}{2}$

Protein  
Grammes

$5\frac{1}{2}$

Fat  
Grammes

—

Total  
Calories

52

#### INGREDIENTS

1 teaspoon Davis Gelatine  
2 oz. hot water  
1 oz. orange juice  
 $\frac{1}{2}$  oz. lemon juice  
 $\frac{1}{2}$  egg white  
4 oz. cherries, weighed  
before removing stones  
1 grain saccharin

#### METHOD

Dissolve gelatine and saccharin in hot water, add lemon juice and orange juice, When the mixture is thickening add stiffly beaten egg white and cherries cut into small pieces. Place in a mould.

## JELLIED CUSTARD

### I SERVING

Carbohydrate  
Grammes

5

Protein  
Grammes

$9\frac{1}{2}$

Fat  
Grammes

$6\frac{1}{2}$

Total  
Calories

116

#### INGREDIENTS

1 teaspoon Davis Gelatine  
 $3\frac{1}{2}$  oz. milk  
1 oz. hot water  
 $\frac{1}{2}$  egg  
 $\frac{1}{4}$  grain saccharin  
Grated nutmeg

#### METHOD

Beat egg, add milk and cook until the mixture slightly coats the spoon. Cool. Add gelatine and saccharin dissolved in hot water. Place in a serving glass; sprinkle with a little nutmeg before serving.

## GINGER CREAM

### I SERVING

Carbohydrate  
Grammes

**5**

Protein  
Grammes

**9½**

Fat  
Grammes

**6½**

Total  
Calories

**116**

#### INGREDIENTS

**1** teaspoon Davis Gelatine  
**1** oz. hot water  
**3½** oz. milk  
**½** egg  
**½** grain saccharin  
**Ground** ginger

#### METHOD

Beat egg, add milk; cook until the mixture slightly coats the spoon. Add a pinch of ginger. Cool. Dissolve gelatine and saccharin in hot water, add to the mixture. Place in an individual mould.

## LEMON CINNAMON CREAM

### I SERVING

Carbohydrate  
Grammes

**5**

Protein  
Grammes

**14**

Fat  
Grammes

**9**

Total  
Calories

**157**

#### INGREDIENTS

**⅙** oz. Davis Gelatine  
**3½** oz. milk  
**2** oz. hot water  
**1** egg  
**1** teaspoon lemon juice  
**½** grain saccharin  
**½** inch cinnamon stick  
**Strip** of lemon rind

#### METHOD

Beat egg, add milk, lemon rind, and cinnamon and cook until the mixture coats the spoon. Cool. Remove lemon rind and cinnamon; add lemon juice. Dissolve gelatine and saccharin in hot water, add to the lemon mixture. Pour into a mould or jelly glass. Chill.

## MILK JELLY

### I SERVING

Carbohydrate  
Grammes

**5**

Protein  
Grammes

**6 $\frac{1}{2}$**

Fat  
Grammes

**3 $\frac{1}{2}$**

Total  
Calories

**77**

#### INGREDIENTS

**1 teaspoon Davis Gelatine**  
 **$\frac{1}{2}$  oz. hot water**  
**3 $\frac{1}{2}$  oz. milk**  
**Vanilla essence**  
**Saccharin to taste**

#### METHOD

Dissolve gelatine and saccharin in hot water, carefully add to cold milk. Flavour to taste. Place in a mould. If the milk is removed from an ice chest or refrigerator, stand in warm water for a few minutes to remove the chill.

## VELVET CREAM

### I SERVING

Carbohydrate  
Grammes

**5**

Protein  
Grammes

**14 $\frac{1}{2}$**

Fat  
Grammes

**9**

Total  
Calories

**159**

#### INGREDIENTS

**5 grammes Davis Gelatine**  
**3 $\frac{1}{2}$  oz. milk**  
**2 oz. hot water**  
**1 egg**  
**1 teaspoon lemon juice**  
 **$\frac{1}{4}$  grain saccharin**

#### METHOD

Dissolve gelatine and saccharin in the hot water. Beat egg, add to milk; cook until the mixture just coats the spoon. Cool, add lemon juice; add dissolved gelatine and saccharin. Pour into a mould or jelly glass and chill.

## DIABETIC RECIPES

## MOCHA SPONGE

### I SERVING

Carbohydrate  
Grammes

—

Protein  
Grammes

6½

Fat  
Grammes

—

Total  
Calories

26

#### INGREDIENTS

1 teaspoon Davis Gelatine  
1 oz. cold water  
3 oz. boiling coffee  
Saccharin  $\frac{1}{4}$  grain  
1 egg white

#### METHOD

Soak gelatine in cold water for a few minutes. Add coffee and saccharin, stir until dissolved. Leave until thickening slightly; add stiffly beaten egg white and whisk well until foamy. Pour into a jelly glass.

## ORANGE AND EGG CREAM

### I SERVING

Carbohydrate  
Grammes

5

Protein  
Grammes

9

Fat  
Grammes

5½

Total  
Calories

105

#### INGREDIENTS

1 teaspoon Davis Gelatine  
1 egg  
2 oz. orange juice  
Saccharin  $\frac{1}{2}$  grain if orange  
sour

#### METHOD

Moisten gelatine with 1 dessert-spoon cold water. Dissolve over hot water. Add to orange juice. Beat egg yolk and add to stiffly beaten egg white. Add gelatine mixture gradually and beat until it begins to thicken. Pour into a mould. Chill.

## DIABETIC RECIPES



## PINEAPPLE JELLY

### I SERVING

Carbohydrate  
Grammes

**10**

Protein  
Grammes

**3**

Fat  
Grammes

—

Total  
Calories

**52**

#### INGREDIENTS

**1** teaspoon Davis Gelatine  
**1** oz. cold water  
**3** oz. boiling fresh pineapple juice  
Very small pinch citric acid  
Saccharin ( $\frac{1}{2}$  grain) if desired.

#### METHOD

Soak gelatine in cold water; add pineapple juice, saccharin and citric acid. Stir until dissolved. Pour into small mould or jelly glass.

## PINEAPPLE WHIP

### I SERVING

Carbohydrate  
Grammes

**10**

Protein  
Grammes

**3**

Fat  
Grammes

—

Total  
Calories

**52**

#### METHOD

Follow the recipe for Pineapple Jelly, leave the mixture until just thickening, then beat with an egg whisk until thick and foamy. Chill.

## PINEAPPLE BAVARIAN

### I SERVING

Carbohydrate  
Grammes

**10**

Protein  
Grammes

**3**

Fat  
Grammes

**10**

Total  
Calories

**142**

#### METHOD

Follow the recipe for Pineapple Jelly, leave until thickening then fold in 1 oz. thick cream (whipped).

## PRUNE SOUFFLE

### I SERVING

Carbohydrate  
Grammes

**5**

Protein  
Grammes

**3½**

Fat  
Grammes

**5**

Total  
Calories

**79**

#### INGREDIENTS

$\frac{1}{2}$  teaspoon Davis Gelatine  
 $2\frac{1}{2}$  oz. prunes (cooked)  
1 oz. hot water  
 $\frac{1}{2}$  egg white  
1 oz. cream (thin)  
 $\frac{1}{2}$  teaspoon lemon juice  
 $\frac{1}{2}$  grain saccharin  
Pinch of salt

#### METHOD

Stone prunes while hot and put through a sieve. Dissolve gelatine and saccharin in hot water, add salt and lemon juice. Add the prunes. Beat the egg white until stiff, fold into the prune mixture. Place in a small mould. Serve with cream.

## STRAWBERRY SPONGE

### I SERVING

Carbohydrate  
Grammes

**7**

Protein  
Grammes

**5½**

Fat  
Grammes

—

Total  
Calories

**50**

#### INGREDIENTS

1 teaspoon Davis Gelatine  
 $\frac{1}{2}$  cup fresh strawberries—  
4 oz. (Rose)  
2 oz. hot water  
 $\frac{1}{2}$  teaspoon lemon juice  
Peppermint flavouring  
Saccharin to taste  
 $\frac{1}{2}$  egg white

#### METHOD

Cook strawberries in as little water as possible. Rub through a sieve; add lemon juice and a few drops of peppermint. Dissolve gelatine and saccharin in hot water, add to strawberry mixture. When thickening, fold in beaten egg white. Place in a serving dish.

## GRAPEFRUIT JELLY

### I SERVING

Carbohydrate  
Grammes  
**5**

Protein  
Grammes  
**5**

Fat  
Grammes  
—

Total  
Calories  
**40**

#### INGREDIENTS

$\frac{1}{8}$  oz. (5 grammes) **Davis**  
**Gelatine**  
**2 oz. cold water**  
 **$3\frac{1}{4}$  oz. grapefruit juice**  
**Saccharin  $\frac{1}{2}$  grain**  
**Small pinch citric acid**

#### METHOD

Soak gelatine in cold water; heat over hot water until dissolved. Add grapefruit juice, saccharin and acid. Pour into a jelly glass. Use as soon as set.

## GRAPEFRUIT WHIP

### I SERVING

Carbohydrate  
Grammes  
**5**

Protein  
Grammes  
**5**

Fat  
Grammes  
—

Total  
Calories  
**40**

#### METHOD

Follow the recipe for Grapefruit Jelly, leave until thickening then beat with an egg whisk until thick and foamy.

## GRAPEFRUIT BAVARIAN

### I SERVING

Carbohydrate  
Grammes  
**5**

Protein  
Grammes  
**5**

Fat  
Grammes  
**10**

Total  
Calories  
**130**

#### METHOD

Follow the recipe for Grapefruit Jelly, leave until thickening, then fold in 1 oz. thick cream (whipped).

## LEMON JELLY

### I SERVING

Carbohydrate  
Grammes

Protein  
Grammes

Fat  
Grammes

Total  
Calories

**Negligible**

**3**

—

**12**

#### INGREDIENTS

**1 teaspoon Davis Gelatine**

**2 oz. hot water**

**1½ oz. lemon juice**

**2½ grains saccharin**

Fruit permitted in the diet may be added.

#### METHOD

Dissolve gelatine and saccharin in hot water. When cool add lemon juice. Pour into a mould or jelly glass.

## LEMON WHIP

### I SERVING

Carbohydrate  
Grammes

Protein  
Grammes

Fat  
Grammes

Total  
Calories

**Negligible**

**3**

—

**12**

#### METHOD

Follow the recipe for Lemon Jelly. Leave the mixture until it is thickening slightly, then beat with an egg whisk until thick and foamy.

## LEMON BAVARIAN

### I SERVING

Carbohydrate  
Grammes

Protein  
Grammes

Fat  
Grammes

Total  
Calories

**Negligible**

**3**

**10**

**102**

#### METHOD

Follow the recipe for Lemon Jelly. Leave the mixture until it is thickening slightly, then fold in 1 oz. thick cream (whipped).



## LEMON SNOW PUDDING

### I SERVING

Carbohydrate  
Grammes

**Negligible**

Protein  
Grammes

**6½**

Fat  
Grammes

**—**

Total  
Calories

**26**

#### INGREDIENTS

- 1 teaspoon Davis Gelatine**
- 2 oz. hot water**
- 1 oz. lemon juice**
- 2 grains saccharin**
- 1 egg white**

#### METHOD

Dissolve gelatine and saccharin in hot water; cool. Add lemon juice. When beginning to thicken add egg white beaten stiff. Beat thoroughly until the mixture holds its shape.

## ORANGE SNOW PUDDING

### I SERVING

Carbohydrate  
Grammes

**2½**

Protein  
Grammes

**6½**

Fat  
Grammes

**—**

Total  
Calories

**36**

#### INGREDIENTS

- 1 teaspoon Davis Gelatine**
- 2 oz. hot water**
- 1 oz. orange juice**
- 2 grains saccharin**
- 1 egg white**

#### METHOD

Dissolve gelatine and saccharin in hot water; cool. Add orange juice. When beginning to thicken add egg white beaten stiffly. Beat thoroughly until the mixture holds its shape.

## ORANGE AND LEMON JELLY

### I SERVING

Carbohydrate  
Grammes

**5**

Protein  
Grammes

**3**

Fat  
Grammes

**—**

Total  
Calories

**32**

#### INGREDIENTS

- 1 teaspoon Davis Gelatine**
- 1½ oz. hot water**
- 2¼ oz. orange juice**
- ½ oz. lemon juice**
- Strip of lemon rind**
- 1 grain of saccharin**

#### METHOD

Mix orange and lemon juice, add strip of rind. Dissolve gelatine and saccharin in hot water. Stir into fruit juices. Pour into a jelly glass and use as soon as set.

## DIABETIC RECIPES

## JELLIED RHUBARB

### I SERVING

Negligible food value

Carbohydrate  
Grammes  
—

Protein  
Grammes  
3

Fat  
Grammes  
—

Total  
Calories  
12

**1** teaspoon Davis Gelatine  
**2** oz. rhubarb (juice and pulp)  
 $\frac{1}{2}$  teaspoon grated lemon rind  
**2** grains saccharin or more

Moisten gelatine with 1 dessert-spoon of cold water, heat over fire until dissolved; add saccharin. Add to rhubarb and lemon rind; mix well. Place in mould.

## COFFEE JELLY

### I SERVING

Negligible food value

Carbohydrate  
Grammes  
—

Protein  
Grammes  
3

Fat  
Grammes  
—

Total  
Calories  
12

**1** teaspoon Davis Gelatine  
**2** oz. strong black coffee  
**2** oz. hot water  
 $\frac{1}{2}$  teaspoon lemon juice  
 $\frac{1}{2}$  grain saccharin or to taste

Dissolve gelatine and saccharin in hot water; add coffee and lemon juice. Place in mould. Serve with cream if allowed in the diet.

## WINE JELLY

### I SERVING

Negligible food value

Carbohydrate  
Grammes  
—

Protein  
Grammes  
3

Fat  
Grammes  
—

Total  
Calories  
12

**1** teaspoon Davis Gelatine  
**2** oz. hot water  
**2** oz. claret if allowed by doctor  
Small pinch citric acid  
Saccharin to taste

Dissolve gelatine and saccharin and acid in hot water; cool, add wine, pour into a mould and chill.

## ICES

Care should be taken to ensure that the gelatine mixture does not set before it is mixed with the other ingredients, otherwise the ice will not be smooth.

Except during very hot weather, half an hour is sufficient time for freezing when the refrigerator is turned on to its maximum strength.

It is advisable to stir the ice once or twice while freezing.

### ICE CREAM

#### I SERVING

Carbohydrate  
Grammes

2½

Protein  
Grammes

5

Fat  
Grammes

12

Total  
Calories

138

#### INGREDIENTS

**1** teaspoon **Davis Gelatine**

**1** oz. **hot water**

**1**¾ oz. **milk**

**1** oz. **thick cream**

**Saccharin** to sweeten

**Pinch** of **salt**

**Essence** to flavour, e.g.

**vanilla, lemon, raspberry,**  
**etc.**

#### METHOD

Dissolve the gelatine and saccharin in hot water. Mix milk, cream and salt and add gelatine mixture when beginning to cool but still liquid. Add essence. Pour into freezing tray. If raspberry essence is used, a little cochineal may be added before pouring into freezing tray.

### COFFEE ICE CREAM

#### I SERVING

Carbohydrate  
Grammes

2½

Protein  
Grammes

5

Fat  
Grammes

12

Total  
Calories

138

#### METHOD

Follow the recipe for Ice Cream, but use 1 oz. strong coffee instead of 1 oz. hot water and omit essence.

## DIABETIC RECIPES



## COCONUT ICE CREAM

### 1 SERVING

Carbohydrate  
Grammes

2½

Protein  
Grammes

6

Fat  
Grammes

20

Total  
Calories

214

### METHOD

Follow the recipe for Ice Cream, but add ½ oz. desiccated coconut and the grated rind of ½ lemon. Omit essence.

## LEMON WATER ICE

### 2 SERVINGS

One serving equals:

Carbohydrate  
Grammes

—

Protein  
Grammes

3

Fat  
Grammes

—

Total  
Calories

12

### INGREDIENTS

1 teaspoonful Davis Gelatine  
2 oz. hot water  
1 oz. lemon juice  
Grated rind of ½ lemon  
1 egg white  
Saccharin to taste

### METHOD

Dissolve the gelatine and saccharin in hot water. When beginning to cool but still liquid, add lemon juice and grated rind. Pour into freezing tray. When just beginning to freeze, fold in stiffly beaten egg white. Mix well. Continue freezing.

## ORANGE WATER ICE

### 2 SERVINGS

One serving equals:

Carbohydrate  
Grammes

2½

Protein  
Grammes

3

Fat  
Grammes

—

Total  
Calories

22

### METHOD

Follow the recipe for Lemon Water Ice, but melt the gelatine in 1 oz. hot water and substitute 2 oz. orange juice for lemon juice and rind.

## DIABETIC RECIPES



# JAMS

## SUGARLESS MARMALADE JAM

(No food value if taken in moderate quantities)

### INGREDIENTS

$\frac{1}{4}$  oz. Davis Gelatine to every  
 $\frac{1}{2}$  pint of pulp  
2 Seville oranges  
2 lemons  
8 grains saccharin

### METHOD

Cut the rind from the oranges and lemons, being careful to remove no white pith with the rind and chop it. Cut up the pulp and place it in a preserving pan with the rind and 1 pint of water. Boil gently for about

30 minutes; cook until the pulp and rind are tender. Add saccharin then stir in gelatine dissolved in a little of the hot syrup. Remove from the fire and bottle while still hot. Cover at once.

(Note: Do not make large quantities as it will not keep.)

## SUGARLESS RASPBERRY JAM

### INGREDIENTS

$\frac{1}{2}$  oz. Davis Gelatine  
1 lb. raspberries  
16 saccharin tablets  
(0.3 grains each)  
3 tablespoonfuls of boiling  
water

### METHOD

Soak the gelatine in boiled water. Stew the raspberries gently until reduced to about two-thirds of the original bulk. Grind the saccharin tablets to a powder and add, with a teaspoonful of hot water, to the raspberries. Stir in the soaked

gelatine. Put into glass bottling jars, sterilize and screw up tightly. Small jars should be used, as the jam will not keep for long after it has been uncovered.

## SUGARLESS APRICOT JAM

(Negligible food value in an average helping.)

### INGREDIENTS

$\frac{1}{2}$  lb. dried apricots  
2 pints water in which apple  
peel, pips and cores have  
been cooked.  
 $\frac{1}{4}$  oz. Davis Gelatine to every  
 $\frac{1}{2}$  pint pulp  
4 tablets saccharin

### METHOD

Soak the apricots for 3 days in the apple water. They can be left whole or cut up.

Bring to the boil stirring all the time, then cook just a little more quickly than simmering.

Stir occasionally until apricots are thoroughly done (about

$\frac{3}{4}$  hour). Take away from the heat and add the saccharin and gelatine immediately stirring until completely dissolved. While still hot pour into small heated jars and cover with paraffin wax. The jam will not keep for long after it has been uncovered. This recipe should give 2 lb. of jam.

## Davis Gelatine

*is recommended for inclusion in diabetic diets, its use enabling permissible foods to be served in many new and attractive forms.*

### ANALYSIS

One Ounce Davis Gelatine contains

|              |    |    |    |    |    |            |
|--------------|----|----|----|----|----|------------|
| Carbohydrate | .. | .. | .. | .. | .. | nil        |
| Protein      | .. | .. | .. | .. | .. | 25 grammes |
| Fat          | .. | .. | .. | .. | .. | nil        |

## DIABETIC RECIPES



